



Skullcap TINCTURE

STRESS

Relieves nervous tension

NPN 80004111

50 ml

Each ml contains

Skullcap	fresh aerial part	<i>Scutellaria lateriflora</i>	1:3	330 mg	Organic
Alcohol 35% to 40%, certified organic					

DOSAGE

INTERVENTION: 1 ml, 4 to 5 times per day for 2 weeks.

TREATMENT: 1 ml, 3 times per day.

DIRECTIONS FOR USE

Shake before using. Take in a mouthful of water 15 to 30 minutes before meals. Take for 6 weeks. Repeat as needed. For long-term treatment, use 6 days out of 7.

MODE OF ACTION

Skullcap is a powerful nerve and has a toning and reconstructing effect on the nervous system. It soothes excitability, calms nervous tension and reduces the harmful effects of prolonged stress. Its flavonoids act on GABA metabolism and make skullcap very efficient for anxiety. It normalizes the functions of the nervous system: in times of physical and mental fatigue, it increases energy whereas during hyperactivity and agitation, it has rather a calming effect. Skullcap has a special affinity for people who are hypersensitive and it soothes strong emotions.

Mildly sedative, skullcap helps fall and stay asleep without causing drowsiness when it is used for its calming effect during the day. It helps quit drugs and alcohol and reduces the adverse effects of withdrawal, thereby helping to recover faster.

Its combined antispasmodic and nerve effects are very beneficial when stress is causing muscle spasms, nervous tics, rigidity and muscle pain. Combined with other herbs, skullcap relieves nerve pain.

Skullcap also acts on the heart and is indicated for functional heart troubles of nervous origin. It reduces blood pressure and heart palpitations caused by mental and emotional tension.

Digestive troubles caused by stress, such as acid reflux and irritable bowel syndrome, benefit from the use of skullcap infusion as it acts on both the digestive and nervous systems.

Scutellaria lateriflora has anticonvulsant properties. It is used in certain cases of mild Tourette syndrome. It relieves nervous headaches. It soothes premenstrual tension and is a diuretic.

Its main constituents are flavonoids (apigenin, luteolin, scutellarin, baicalein), polysaccharides (lignin), resin, tannins, iridoids (catapol), fatty acids, minerals (Ca, K, Mg), trace elements (Fe, Si), vitamins (A, B, C) and volatile oils.

HELPFUL ASSOCIATIONS

GREEN OATSTRAW infusion for troubles of the heart and nervous system.

NERVETOP for agitation, nervousness and sleep disorders.

CALIFORNIA POPPY for pain and/or sleep disorders.

ASHWAGANDHA for anxiety caused by stress.

HAWTHORN for cardio-vascular troubles of nervous origin.

CHAMOMILE infusion for acid reflux.

ETHNOBOTANY

Nervous system: anxiety, anguish, nervousness, agitation, nervous tension, mental fatigue, sleep disorders.

Digestive system: cramps, acid reflux, irritable bowel syndrome.

Other: teeth grinding, stress-related headache, menstrual cramps, muscle tension and pain.

HISTORY

Skullcap has been an important herb in traditional medicine and has been used to treat anxiety and associated troubles. At the beginning of the 18th century, skullcap was used in the United States to treat scabies and St-Vitus' dance. It has also been used in the treatment of epilepsy, convulsions, shaking, snake bites, insect bites and rabies, where it got its common name *Mad dog weed*. Although some of its uses have been dropped, the American eclectic doctors continued using it for epilepsy, nervousness, insomnia, muscle spasms and other nervous conditions. Today, skullcap is known as a powerful nerve herb.

CONTRA-INDICATIONS

Consult a health care practitioner if insomnia persists for more than 3 weeks or if symptoms worsen. Do not use during pregnancy and breastfeeding. May cause drowsiness.

INTERACTIONS

Do not take with alcoholic beverages or any drug or natural health product that has a sedative effect.

REFERENCES

- AHPA. Botanical Safety Handbook, 2nd Edition. Boca Raton: CRC Press; 2013.
- Awad R., Arnason J. T., Trudeau V., Bergeron C., Budzinski J. W., Foster, B. C., Merali Z. Phytochemical and biological analysis of Skullcap (*Scutellaria lateriflora* L.): A medicinal plant with anxiolytic properties. *Phytomedicine*, 10(8), 640–649. doi:10.1078/0944-7113-00374; 2003.
- Barnes J., Anderson L.A., Phillipson J.D. Herbal medicines, 3rd Edition. London: Pharmaceutical Press; 2007.
- Bone Kerry. A clinical Guide to Blending Liquid Herbs. St. Louis: Churchill Livingstone; 2003.
- Bove Mary. An Encyclopedia of Natural Healing for Children and Infants, 2nd Edition. Keats Publishing: New York; 2001.
- Brock C., Whitehouse J., Tewfik I., Towell T. American Skullcap (*Scutellaria lateriflora*): A Randomised, Double-Blind Placebo-Controlled Crossover Study of its Effects on Mood in Healthy Volunteers. *Phytotherapy Research*, 28(5), 692–698. doi:10.1002/ptr.5044; 2013.
- Christopher John R. School of Natural Healing. Provo: Christopher Publications; 1976.
- Felter H.W., Lloyd J. U. King's American Dispensatory. Portland: Eclectic Medical Publications; 1983.
- Fetrow, C. W., Avila, Juan R. Professional's Handbook of Complementary and Alternative Medicines. Springhouse: Lippincott Williams and Wilkins; 2004.
- Frawley D., Lad V. The Yoga of Herbs. Twin Lakes: Lotus Press; 2001.
- Gagnon C., Lanctôt-Bédard V. *Materia Medica: Flora Medicina*; 2009.
- Grieve M. A Modern Herbal Vol. I & II. New York: Dover Publications; 1971.
- Health Canada. Monograph on Skullcap; 2018.
- Hoffmann David. Medical Herbalism. Rochester; Healing Arts Press; 2003.
- Holmes Peter. The Energetics of Western Herbs, Vol. 2, 3rd Edition. Boulder: Snow Lotus Press; 1998.
- Mills S., Bone K. Principles and Practice of Phytotherapy. St. Louis: Elsevier; 2000.
- Romm Aviva. Botanical medicine for women's health. St. Louis; Churchill Livingstone; 2010.
- Sarris, J. Herbal medicines in the treatment of psychiatric disorders: a systematic review. *Phytotherapy Research*, 21(8), 703–716. doi:10.1002/ptr.2187; 2007.
- Sarris J., Panossian A., Schweitzer I., Stough C., Scholey A. Herbal medicine for depression, anxiety and insomnia: A review of psychopharmacology and clinical evidence. *European Neuropsychopharmacology*, 21(12), 841–860. doi:10.1016/j.euroneuro.2011.04.002; 2011.
- Sarris J., McIntyre E., Camfield D. A. Plant-Based Medicines for Anxiety Disorders, Part 2: A Review of Clinical Studies with Supporting Preclinical Evidence. *CNS Drugs*, 27(4), 301–319. doi:10.1007/s40263-013-0059-9; 2013.
- Tilgner Marie S. Herbal Medicine from the Heart of the Earth, 2nd Edition. Pleasant Hill: 2009.
- Winston D., Maimes S. Adaptogens. Rochester: Healing Arts Press; 2007.
- Wood Matthew. The Practice of Traditional Western Herbalism. Berkeley: North Atlantic Books; 2004.
- Zhang, Z., Lian, X., Li, S., Stringer, J. L. (2009). Characterization of chemical ingredients and anticonvulsant activity of American skullcap (*Scutellaria lateriflora*). *Phytomedicine*, 16(5), 485–493. doi:10.1016/j.phymed.2008.07.011; 2009.

Organic, fresh herbs from the garden.

Made according to GMP.

Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten, soy or GMOs.

